

Awareness in Action

A person wearing a colorful plaid shirt and red leggings is sitting on a concrete step in a meditative pose. Their hands are resting on their knees in a mudra, and they are wearing light-colored sneakers. The background is a plain concrete wall.

2016 Workshop:
Madison, Wisconsin
January 16-17





Join us for a relaxing and educational workshop in Madison and environs.

View of the U of W Arboretum

Workshop Includes:

1-night accommodation and parking at the Edgewater Hotel
(walking distance from the Capitol and downtown Madison)
A Mindful Stroll
Group Dinner Saturday night

Sunday Breakfast
Sunday Morning Pilates/Yoga Class
followed by Guided Meditation
followed by a 2-hour Workshop: Awareness in Action - a practical approach to balance through Mindfulness and Exercise conducted by:
Michelle Cushing, CPT and Kenneth Andjulis, LCPC

(exact details subject to change)

Single Occupancy: \$449.00 pp Double Occupancy: \$389.00 pp

Spa services available for additional fees.



Ice rink at the Edgewater Hotel



Acommodations:

Located just two blocks from the Capitol and vibrant downtown Madison, The Edgewater Hotel is situated on the shores of Lake Mendota. This idyllic setting provides the perfect place to learn the practical tools to reduce stress and to create balance in your everyday life - just in time for the holiday season.

For Details and Reservations:

Contact Michelle Cushing
michelle@dare-tobefit.com
773-934-2917

For more information about Kenneth Andjulis:

<http://bit.ly/1OMz42c>